



Feta cheese mousse

5'
Hands on

2
Portion(s)

1
Difficulty



Method

- In a food processor add the feta cheese, the buttermilk, the olive oil, the oregano, and the pepper.
- Beat until the mixture is homogenized and the feta cheese is dissolved.
- Then, add the lemon zest, the fresh thyme, and mix.
- Season to taste, serve with fresh oregano, and sprinkle with pepper.
- Spread the feta cheese mousse onto toasted bread slices, rusks, and serve.

Ingredients

- 200 g feta cheese, crumbled into pieces
- 50 ml buttermilk
- 1-2 tablespoon(s) olive oil
- 1 teaspoon(s) oregano, dry
- pepper
- lemon zest, of 1 lemon
- 5-6 sprig(s) thyme, fresh, only the leaves
- oregano, fresh, to serve
- slices bread, toasted, to serve
- [rusks](#), to serve

Διατροφικός πίνακας

Nutrition information per portion

376 Calories (kcal)	33.0 Total Fat (g)	16.0 Saturated Fat (g)	3.2 Total Carbs (g)
19%	47%	80%	1%
2.6 Sugars (g)	16.0 Protein (g)	0.5 Fibre (g)	2.5 Sodium (g)
3%	32%	2%	42%